

Tobacco Tid-Bits

Tobacco Free Coalitions of Clark County and Skamania County
Clark County Health Department • Tobacco Prevention Program

Issue 50

June 2004

Battle Ground City Council Makes City Parks Voluntary Smoke-free Zones

On the first official day of summer, the Battle Ground City Council acted to protect the health of children in city parks by approving signage that designates the ball fields at Fairgrounds Park and the Kiwanis Park voluntary smoke-free zones. The vote was nearly unanimous, with only one dissenter who felt the motion didn't go far enough to protect non-smokers from secondhand smoke. BREATHE, the Clark County youth tobacco prevention group, had approached the City Council earlier this year advocating for signage. BreAnna DuPuis, a BREATHE member who testified in April, said of parents "Signs will plant a seed in their minds and make them think twice about lighting up around their children the next time they go to smoke." In addition to BreAnna, testifying at the June 21 City Council meeting were Gail Helland, Battle Ground resident and chair of Tobacco Free Coalition of Clark County, Diana Nulliner, Battle Ground resident, school district employee and member of the Schools Task Force, and James Lanz, public health nurse at Clark County Health Department. City Public Works staff, Health Department staff and BREATHE members will coordinate the wording, placement, and promotion of the signs. Congratulations to the Battle Ground City Council and BREATHE members for their efforts to protect the health of non-smokers!

Fewer High School Students Smoking

A survey of the nation's high-school students by the Centers for Disease Control and Prevention (CDC) finds that the teen smoking rate has dropped to its lowest level in more than a decade. According to the study, 22% of high-school students said they smoked in 2003, down from 36% in 1997. Last year, 58% of students said they tried smoking, a substantial drop from the 70% of students who tried smoking in 1999. Local data is being collected and similar results are anticipated. The CDC said anti-smoking efforts and the high cost of cigarettes have been successful in reducing teen smoking and discouraging adolescents from starting. (CDC's *Morbidity and Mortality Weekly Report* 6/18/04).

Tobacco Quit Line
877-270-STOP
toll-free 7 8 6 7
QUITLINE.COM

Tobacco Retailer Compliance Checks 2004 Report

In a one year period, 161 retailer compliance checks took place in Clark and Skamania Counties, according to the Clark County Health Department 2004 Tobacco Retailer Compliance Checks Report. Between July 2003 and June 2004, 25 youth ages 14 to 16, accompanied by a public Health Department employee visited 128 retailers in Clark County and 33 retailers in Skamania County. In Clark County, 21 of the retailers checked sold to minors for a compliance rate of 83%. In Skamania County one retailer out of the 33 checked sold to minors for a compliance rate of 99%. In Clark County all retailers that sold tobacco to minors checked the student's legal I.D. Most sales occurred in the rural areas of the county. Cigarette vending machines are a concern due to easy access and lack of monitoring, according to James Kissee, health educator. In Skamania County, all retailers that sold tobacco to minors did check for I.D., but the problem, according to the report is that clerks trying to determine age of the youth are confused by the new State of Washington youth I.D. cards. "It boils down to training, experience, and awareness of the law said," Therese Falkner, Program Supervisor for the Tobacco Education and Prevention Program at the Clark County Health Department. The State Department of Health offers a new retailer training video and printed education materials are also available to help store employees know how to adhere to the law. Contact James Kissee for more information about these materials: 360.397.8214

Smoking Rate Among Pregnant Women in Washington State Declines

Fewer pregnant women in Washington are smoking. The percentage of women in our state who smoke during the last three months of pregnancy has dropped to 10%, according to new survey data released in May by the Washington State Department of Health. That is the lowest rate since the department began surveying in 1998. At that time, 13% of pregnant women were smoking, but since then the number has steadily dropped. Each year in Washington, one out of every 10 infants is born to a mother who smokes during the last three months of her pregnancy – a total of about 8,000 children statewide. The numbers are higher for women who smoke at any time while they are pregnant. The highest rates of smoking among pregnant women are among the youngest mothers (18% for mothers younger than 20), Native Americans (28%), and those who are low income (15% for women on Medicaid). In Skamania County the rate of smoking among pregnant women is 21% and in Clark County it is 15%. About half of the women who use tobacco before getting pregnant are able to quit by their third trimester, but half of those who did quit began smoking again within three months after pregnancy. (Washington State DOH press release 5/11/04)

Board Of Health Names New Director

The Clark County Board of Health has named John M. Wiesman to head the Clark County Health Department, when Director Kay Koontz retires in July. Wiesman is currently the Prevention Division Manager for Public Health for the Seattle and King County Public Health Department "Our role as a health department is providing leadership with our community partners in implementing proven tobacco prevention and control programs and to assist in policy changes and changes to our environment that support a tobacco-free community," said Wiesman. He will assume his new duties in Clark County on July 19.

KEEP TRYING

On average it takes
8 attempts to quit

TOBACCO QUITLINE.COM
TOLL FREE 1-877-270-STOP

New Quit Line Ads Emphasize Quitting Difficulties

Learning anything takes practice - including learning how to quit smoking. That is the message in the new Tobacco Quit Line ads from the Washington State Department of Health. View the ad and download

the new print ads at: <http://www.doh.wa.gov/Tobacco/media/quitlinecampaign.htm>



Clark County Health Department
2000 Fort Vancouver Way
Vancouver, WA 98663

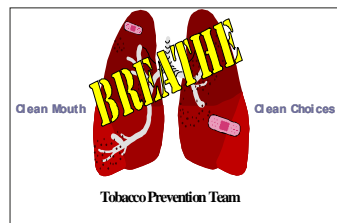
New Report Expands List of Diseases Caused by Smoking

Smoking causes diseases in nearly every major organ of the body according to a newly released Surgeon General report. The "Health Consequences of Smoking" report expands the list of smoking-caused diseases to include abdominal aortic aneurysm, acute myeloid leukemia; cataracts, periodontitis, pneumonia, and cancers of the cervix, kidney, pancreas and stomach. Surgeon General Richard H. Carmona says smoking reduces the overall health of smokers, also contributing to such conditions as hip fractures, complications from diabetes, increased wound infections following surgery, and a wide range of reproductive complications. For every premature death caused each year by smoking, there are at least 20 smokers living with a serious smoking-related illness. According to the report, smoking kills an estimated 440,000 Americans each year. On average, men who smoke cut their lives short by 13.2 years, and female smokers lose 14.5 years. The economic toll exceeds \$157 billion each year in the United States - \$75 billion in direct medical costs and \$82 billion in lost productivity. The report also finds that smoking low-nicotine cigarettes provides no clear benefit. The Surgeon General will unveil a new animated Web site on July 1 for the public showing the hazards of smoking and the benefits of quitting. Log onto: www.surgeongeneral.gov.



Washington BREATHE Comes to an End

The Washington BREATHE Alliance has come to an end. The group was funded through a grant request to the Robert Wood Johnson Foundation two years ago for the purpose of education around clean indoor air policies. That grant period expired May 31, 2004. Although they did not fulfill the goal of a state wide passage of a smoke-free workplace law, they were able to successfully frame this issue for the media and legislature as well as conduct a statewide poll that shows Washington voters overwhelmingly support smoke-free policies in ALL public places. They thank everyone for their dedication and support over the last 2 years and remind us how critical it is to stay involved in this important issue.



Local Youth Prevention Efforts get State Help

Clark County youth tobacco prevention group, BREATHE and Skamania County youth tobacco prevention group, MASH will receive technical assistance and training from the Seattle media relations firm GMMB. The State Tobacco Program has increased support for youth advocacy teams in select counties. Those counties chosen had a strong youth presence supported by the community and media, the potential to affect county policy change, and possessed strong leadership skills and knowledge of tobacco issues. Youth advocacy teams focus on activities that change local policy such as working with schools to enforce tobacco control or encouraging local businesses to go smoke-free, in addition to attracting media attention to tobacco issues.



BREATHE member Joe Jenkins gives a speech during a World No Tobacco Day Ceremony at Officer's Row in May.



State Youth Tobacco Website is Enhanced to Attract More Teens

The Washington State Department of Health is enhancing its youth web site, www.UnfilteredTV.com in order to attract more youth to the fight against tobacco. Changes to [UnfilteredTV.com](http://www.UnfilteredTV.com) will include a statewide youth event calendar, a local contact list and suggested activities for local advocacy efforts. Youth events for the calendar can be e-mailed to info@UnfilteredTV.com. For more information, contact Tom Wiedemann at 360-236-3643 or tom.wiedemann@doh.wa.gov.

CALENDAR OF EVENTS

- 6/28 DOH, ESD Regional Meeting.** 10-3 PM, Jim Parsley Center. Contact: Deb Drandoff ESD 112, 360.750.7500 x 303
- 7/9 Secondhand Smoke Task Force,** 1:30-3 PM, Clark County Health Department. Contact: Theresa Cross, 360.397.8215 x3178
- 7/10 Saturday in the Park, Vancouver's Gay Pride Celebration.** Free. Noon - 8 PM, Esther Short Park. Tobacco cessation materials provided by the Clark County Health Department.
- 7/14-16 Healthy Choices Pavilion at The Gorge Games ,** www.gorgegames.com - featuring a tobacco prevention booth staffed by youth. Rock Creek Center, Stevenson. Contact: Emily Kohner, 509.427.9478
- 7/17-18 American Cancer Society Relay for Life,** Columbia River High School, Vancouver, 10 AM-10 AM. Contact: Erin Wilson, 800.577.6552
- 8/12-15 Skamania County Fair & Timber Carnival.** Free. Rock Creek Center, Stevenson. Tobacco education booth hosted by youth.
- 8/14 Annual Outdoor Fair Dance,** 8-11 PM, parking lot of Rock Creek Center, Stevenson. Featuring tobacco booth hosted by youth. Contact: Emily Kohner, 509.427.9478